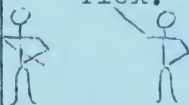
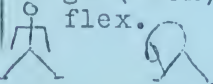
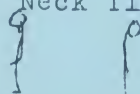


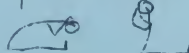


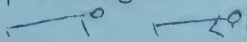
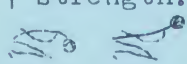




Danish Exercises--5.

<u>EXERCISE:</u>	<u>COMMAND:</u>	<u>EX. #:</u>	<u>EFFECT:</u>	<u>REMARKS:</u>
7. Half wing stride standing trunk twisting with single arm fling.	Feet apart and hips, firm! Arm flinging and trunk twisting to left, comm!	53	Trunk (later) flex. 	Far over towards the swinging side, slightly to the opp. side, not too fast a rhythm <i>combine with 8 & 11</i>
8. Half grasp stride bow standing trunk springing	Grasping left ankle, trunk springing, comm!	11	Legs (back) flex. 	The free hand taps the rhythm on the floor.
9. Head bending forw. and backward.	Name movements, commence!	40	Neck flex. 	Forward as high, backward as low as possible.
10. Heel raising & kneebending with arm stretching upw., sidew., forw. & downw.	First on count, Chap. then name movements, comm.! 1X. 2.d.	Chap. 1X. 2.d.	Legs & arms co.o.	Rhythm not too slow.
11. Jumping with legswings sidew. <i>(in legs in a 9)</i>	Hips, firm! Legswings to the left, comm!	127	Legs agility co.o.	Combine with arm movements.
12. Ring back lying trunk bending forward.	Arms in ring over head, on backs, 110 down! Trunk bending, forw. commence!	110	Abdomen strength 	Quick rhythm, tap floor past the feet.
13. Backlying single kneeraising and stretching with help of hands.	Left foot and knee grasp! Knee stretch! Relax.	17	Legs flex. 	Opposite hands grasping foot. Other hand pressing on knee when stretching!
14. Neck long bow sitting chest raising. <i>(Sitting chest raising)</i>	In sitting pos. neck, rest! Chest raise! Forward, relax.	96	Back strength 	Press backward with elbows. Various arm positions may be used.
15. Long sitting armflinging between cross & fly. <i>(Long sitting armflinging)</i>	Arms in cross position, place! Armflinging to fly, commence!	32	Arms flex. 	Lean against the fling.
16. Hand knee standing trunk twisting with single arm flinging.	On knees and hands rest! Trunk twisting & armflinging to the left, comm!	56	Trunk (lat) Arms flex. 	Rhythmic swings extended as far as possible.
17. Stride, front lying arm stretching with trunk raising. <i>(Stride in the 4 one another hand on leg)</i>	To front resting position, down! Arms, bend!, stretch!	79	Arms strength 	

Danish Exercises--6.

<u>EXERCISE:</u>	<u>COMMAND:</u>	<u>EX.#.</u>	<u>EFFECT:</u>	<u>REMARKS:</u>
18. Back clasp bow sitting chest raising.	Hands clasped on back, on heels sit! Back and arms, stretch!	98	Back strength. 	May be done slowly or quickly complete extension of spine.
19. Bend standing jumps with alternate toe touching sideways with arm-stretching sideways.	On first jump, Chap. bend arms, ready, comm!	1X. 10	Legs and arms co.o. agility. 	Also with alternate heeltouching or sideways touching and stretching later opp.
20. Wing standing slow heelraising and deep knee bending.	Hips, firm! Heels, raise! Knees deep, bend! Stretch! Heels, lower! In slow rhythm, comm!	66	Legs strength 	Heels kept together. Also with various arm movements.

STARTING POSITIONS.

The choice of starting positions is governed by the character of the exercises. They are used to give good balance and a firm foundation for the movements of the limbs and body. Every starting position has a name and from the more simple, the names of more complicated ones are made up.

When these are learned, the command is the name of the position.
Example--In squatsitting position---down! In cross sitting position---down!

<u>POSITION:</u>	<u>COMMAND:</u>
1. Wing standing.	Hips-firm.
2. Bend standing.	Arms--bend.
3. Neck standing.	Neck--rest.
4. Top standing.	Hands on head--place.
5. Stretch standing.	Arms--bend. Arms upward--stretch.
	Arms forward (or sideways) upward--raise.
6. Arm side standing.	Arms forward (or sideways) "--fling.
	Arms--bend. Arms sideways--stretch.
	Arms sideways--raise.
7. Fold standing.	Arms forward--bend.
8. Reach standing.	Arms--bend. Arms forward--stretch.
9. Drag standing.	Arms backward--raise.
10. Ring standing.	Arms in ring over head--place.
11. Fly standing.	Arms sideways--upward--raise.
	Arms sideways--upward--fling.
12. "S" Standing.	Left arm over head, right arm in armpit--place.

















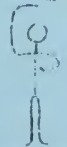



















Danish Exercises--7.

POSITION:

13. Cross Standing.
14. Back clasp standing.
15. Erect standing.
16. Toe standing.
17. Stride standing.
18. Oblique standing.
19. Walk standing.
20. Squatsitting.
21. Hand squatsitting.
22. Half knee standing.
23. Knee standing.
24. Knee sitting (heel sitting)
25. Halfhook standing.
26. Halfhook lying.
27. Half knee stride standing.
28. Half squat stride sitting.
29. Hurdlesitting.
30. Hand knee standing.
31. Hook sitting.
32. Cross sitting.
33. Long sitting.
34. Hand foot lying.
35. Side hand foot lying or side repeating.
36. Hand standing.
37. Back lying.
38. Angle standing.
39. Bow standing.
40. Twist standing.
41. Front lying.

COMMAND:

Arms in cross--place.
Arms--cross.
Hands on the back--clasp.
Atten--tion.
With feet together in position--stand.
Heels--raise.
On toes--up.
With a jump, feet sideways--place.
Left foot sideways--place.
Left foot outward--place.
Left foot forward--place.
Knees deep--bend.
With hands on floor, knees deep--bend.
On right knee--down.
With left foot forward on right knee--down.
With left foot backward on left knee--down.
Through squatsitting position on knees--down.
From knee standing position, on heels--down.
Left knee--raise.
From back lying position, left knee--raise.
From knee standing position, left leg sideways--stretch.
From stride position, left knee deep--bend.
From long sitting position, left leg sideways--place.
Left knee--bend.
Left hand, left toe; and right hand, right toe--grasp.
On hands and knees--down.
With knees raised in sitting position--down.
With arms crossed in sitting position--down.
In sitting position--down.
From hand squat sitting position, legs backward stretch.
From 34, name position--up.
To handstand--up.
On backs--down.
Trunk forward--bend.
Trunk downward--bend.
Trunk to the left--twist.
Hands under forehead to front lying--down.

1. W. St. 	9 Dr. St. 	21 H Sq Sit 	28 Half Sq. Str. Sit. 	35. Side resting 
2. B. St. 	10 Ring St. 	22 Half Knee St. 	29. Hurdle Sit 	36. Hand St. 
3. N. St. 	11. Fly St. 	23. Knee St. 	30 HandKnee St. 	37. Back Lying. 
4 T St 	12 "S" St. 	24 heel sit. 	31. Hook Sit 	38 Angle St 
5 St. S 	13 Cr St 	25. Half hook St 	32 Cross Sit. 	39. Bow St. 
6. Arm sit 	14. Back Cl St. 	26. Half hook l. 	33. Long Sit. 	41. Front lying 
7. F St 	17. Str St 	27 Half Knee Str St 	34. Hand foot Lying 	
8 R. St 	20 Sq Sit 			

COMMANDS:

By: Thomas Ruben.

A command gives in the shortest form possible, information regarding the exercise to be done and when it shall commence. Simple commands are divided into three parts:

1. Preparation.
 2. Pause.
 3. Executive Word.
1. The preparatory part describes or names the exercise to be done, the tempo and manner of it, whether it is slow or quick, on count or rhythmic.
 2. In order to provide a pause, the word "ready" or "are you ready", may be used. The pause is necessary to give the class an opportunity to register mentally the movements involved in the performance of the exercise.
 3. For the executive word, use a verb in the imperative form, spoken in a vigorous, energetic manner, in a clear voice.

General Remarks: The preparatory part may be given while the class is working, timing the executive word in such a way that the exercise will form a natural addition to a former one. Speak distinctly and avoid monotonous voice because it slows up the class and makes the teaching boring.

It calls for no little self control to delay the executive word but there must be a pause so the class may prepare itself for the exercise. That is, their bodies should express a state of excitement under control, everyone concentrating, ready and waiting for the word that releases their muscles.

It is advisable to inhale after the preparatory part, the executive word may then be spoken with sufficient force.

The pause should not be the same length always (new and difficult exercises and starting positions call for a longer pause than familiar and simple ones require) since through his commands an instructor teaches his class self control and unison of movement. A one syllable word is preferred for an executive word. According to the exercise it is spoken slowly or quickly, examples: Arms--bend! Chest--r-a-i-s-e! If an exercise is to be repeated, use for preparatory part "The same--commence!"

An exercise is stopped by the command "Class--halt!" It is desirable to change to a new starting position without stopping or breaking the continuity of the movement. In going from exercise to exercise, the executive word is given as the arms (legs) are moving away from the body.

It has been said that a good command is half the exercise, and through his commands, a teacher may greatly influence his class. In his commands, he shows his personality, his energy, his eagerness and interest.

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DEPARTMENT OF RECREATIONAL AND PHYSICAL EDUCATION.

DANISH EXERCISES.

Arranged by: Mr. T. Ruben.

Work for the legs should increase flexibility, strength, and co-ordination.

1. FLEXIBILITY:

Opposite grasp toe standing quick deep kneebending and stretching.

Two lines facing each other. "With double handgrasp in two's--stand.
"heels raise." "Deep knee bending and stretching--commence."

Wing standing quick heelraising and deep knee bending.

Name movement "Commence".

Hand squatsitting hop with kneesstretching sideways. Double or alternate.
Also backwards. Name movement "Commence".

Opposite grasp squatsitting hop with alternate kneestretching forward.

Two lines facing each other. Double hand grasp.

Name movements "Commence".

Jump between squatsitting and stride standing.

Arms may be used in various movements corresponding to the rhythm.

Name movement "Commence".

Hand squatsitting knee stretching.

"With hands on floor knees deep--bend" "Knees--stretch."

Trunk bending downward to grasp ankles.

"To grasp ankles trunk downward--bend" "Upward--raise."

Half grasp bow standing trunk springing.

"Grasping left ankle trunkspringing--commence"

May be done in stride position grasping both ankles.

Long sitting trunk bending forward to grasp feet.

"To grasp feet trunk forward--bend" "Upward--raise".

Grasp long bow sitting heel raising with help of hands.

From starting position "Heels raise".

Half knee standing trunk bending forward.

From starting position "Sitting on heel trunk forward--bend".

Hurdle sitting trunk bending forward.

From starting position. "Trunk forward and arms--bend".

Back lying single kneeraising and stretching with help of hands.

"Left hand grasping right toe right hand on knee and knee--raise".

"Knee stretching and bending--commence".

Can be done in sitting or standing position.

Danish Exercises--2. (Work for the legs)

2. STRENGTH:

Wing standing slow heel raising and kneebending.

By separate commands, on count and in rhythm.

Stride standing slow alternate half knee bending.

From starting position "Alternate kneebending to the left--commence".
Can be done in opposite grasp stride standing position.

Stride standing legspringing.

From starting position "Pushing off from left foot--commence."
May be done with sidebending toward the stretched knee.

Reach standing slow deep kneebending.

"Left arm and leg forward--raise". "Right knee--bend".
May be in two's with double hand-grasp.

3. CO-ORDINATION:

Jumps in place.

With toetouching sideways or forward.

With knee raising.

Combined with various arm movements. "Name movement--commence".

Jump between stride standing and standing.

Combined with various arm movements, "Name movements--commence".

Jumps with alternate leg flinging sideways.

May be executed with any number of hops. "Name movements--commence".

May be done with leg swinging in circle or forward and backward.

Combined with various arm movements.

Back angle lying double, single or alternate bending and stretching of ankle and knee.

From back lying position, "Legs--raise" Give commands for each movement. Then on count, later in rhythm.

Same in front lying position.

Work for the arms: The aim is to develop flexible, strong and agile arms. The exercises for flexibility tend to lengthen the chestmuscles and give added freedom to the scapula. In these exercises, stress the importance of relaxation; when this has been learned the swing will be correct in form and rhythm.

Stride standing armcirclings:

Double, single, alternate and opposite. Also in angle position.

Stride standing armflinging between cross and fly.

Also with heelraising, kneebendings and raisings, and in angle position and long sitting, kneesitting, etc.

Arm flinging between fold and fly, elbows should be forced back in the fold position. The same positions as for the above may be used and both may be taken with footplacings forward.

Danish Exercises--3. (Work for the Arms)

Armflinging between drag and stretch.

Double, single or alternate, combine with leg movements as for above. Stride position may be combined with trunkbending downward, hands striking the floor.

Side opposite grasp.stride twist standing armswinging sideways upwards.
In pairs. Followed by half grasp stride bow standing trunk springing.

Long sitting arm circling with helper.

Feet supported against the wall or another person in long sitting position. Helper behind in forward charge position, forward knee against partner's back, takes an over grasp along the inside of his partner's upper arms. Pull strongly backward in the stretch position.

2. STRENGTH:

Stride front lying arm stretching with trunk raising.

May be done with arms in a ring, with legraising and feet may be supported on bench or stall bars.

Stride angle standing arm springing. Pushing from the floor. Combine well with trunkspringing.

Knee standing arm springing with armfling between cross and fly.

From a hand knee standing position, push from floor to knee standing position with armflinging.

3. CO-ORDINATION:

Arm stretching. Through the bend position. Double, single, alternate or opposite in various directions and sequence.

Arm raising. (placing) Double, single, alternate or opposite in various directions and sequence.

Arm swinging. As above.

Arm circling. As above.

These arm exercises may be taken with footplacings, heel raising, kneebending or combined with hops or legswings.

As the difficulties of these exercises are overcome, the kinesthetic sense is developed. Stress the points of contraction, concentration, and relaxation. The possibilities for making combinations are limited only by the imagination of the teacher. These exercises may be inserted anywhere in the lesson plan as relief after strenuous work. Be sure your group knows the several parts before attempting a combination. These exercises when mastered have little value for training in co-ordination.

ENGLISH POLKA.

(Folk dance)

MUSIC: "Country Gardens", by Percy Granger.

Play straight through...64 bars. Each step takes 8 bars.
Each step starts with L. foot. For 5, 6, or 7 pairs. Boy on the inside. His arm around girl's waist, outside hand on hip. Girl on outside. Her inside hand on boy's near shoulder. Outside hand holds skirt.

Run on stage takes place in circle.

First Step:

8 polka steps round clockwise, start L. foot.

Second Step:

The boys turn and go in opposite direction counter clockwise, the girls clockwise. 4 peasant polka steps. Turn on last hop towards raised leg and repeat. Girls counter clockwise, boys clockwise. 4 peasant polka back to place.

Third Step:

Partners facing left foot toe then heel in second po. toe in third po. Kick forward with L. foot. While this is being done hop on R. foot 4 changements the whole step 8 counts. Repeat R. Repeat L. Repeat R.

Fourth Step:

A heel and toe polka hold inside hands. L. foot heel front hop R., toe rear, hop R. Repeat heel toe front back, polka left 8 counts. Repeat R. Repeat L. Repeat R. But instead of last polka small bow and curtsy.

Fifth Step:

Boy kneels on R. knee, girl goes round twice clockwise. 8 peasant polka. Boy claps on fourth count or the hop step and stands on last count. (This step could be repeated with girl kneeling and boy doing peasant poka around.)

Sixth Step:

Inside hands join, polka around clockwise. Both to start with outside foot. Then their inside foot. Outside hands swaying out and then in to correspond with footwork.

Seventh Step:

Partners face, balance up L. foot and back while hopping on R. foot step L. and kromat. 4 counts. Repeat R. and then polka L. Polka R. Boys kneel on R. knee. Girl in horizontal halfstand L. leg raised high behind, knee stiff, head up, hands joined with the boy.

(The pianist should make a pause for this pose.)
Exit first step. Couples wave hands to audience, as they leave the stage.

ENGLISH FOLK DANCING.

by Phyllis Sanderson.

1. Characteristics:
A--Simplicity. B--Grace.
2. Unity:
The dancer is, to quote Cecil J. Sharp, "more conscious of the movements of the other dancers than his own".
3. Position of the dancer in motion:
A--The weight is taken on the ball of the foot.
B--The heel is just raised off the ground.
C--Knees are kept loose but not bent.
D--The body is inclined in the direction the dancer is travelling.
E--The legs are always under the body--never in front when moving forward, nor behind when moving backward.
F--The weight of the body is thrown from one foot to the other with a spring step.
G--The weight of the body is never divided between the two feet.
4. Control:
A--The folk dancer must have perfect control over--
1. Direction, 2. Speed.
5. Technique of the dance:
A--Timing. B--Phrasing. C--Continuity.
D--Concerted movement.
6. Progressive longways dances:
A--Whole set.
1. The top couple moves to the bottom of the set at the completion of each round.
B--Duple minor set.
1. The minor sets perform the round.
2. At its completion, couples one and two change places.
3. Number ones move toward the bottom of set.
4. Number twos move toward the top of the set.
5. On reaching the end of the set, the couples remain neutral during one round.
6. At the completion of the round the neutral couples join in the dance again moving in the opposite direction.
7. Steps in folk dancing:
A--running, walking, skipping, slipping, polka step.
8. Movements and figures:
A--The double-turn-honour-single-set and honour-siding-arming-turn single-hands across-hands three, four, etc.-first couple leads down the middle and back again and casts one-one half pousette-whole pousette, straight hey for three, straight hey for four.